

Larue D. Carter Memorial Hospital

The Carter Insider



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Remembering the Thanksgiving Story

When the Pilgrims crossed the Atlantic Ocean in 1620, they landed on the rocky shores of a territory inhabited by the Wampanoag (Wam-pa-NO-ag) People. The Wampanoag lived in villages in what is now Massachusetts in round-roofed houses called wigwams. These were made of poles covered with flat sheets of elm or birch bark. Any visitor to a Wampanoag home was provided with a share of whatever food the family had, even if the supply was low. This same courtesy was extended to the Pilgrims, and it was mainly because of this kindness that the newcomers survived at all. Unfortunately, by the time the Pilgrims arrived in November, the Wampanoag had migrated inland to their more-protective winter lodgings, and they would not discover the new arrivals until they returned to their summer home on the shore in late April.

The first Native American to

meet the newcomers was a man named Squanto (SKWAN-toe), a member of the Pokanokit tribe from the village of Patuxet (Pa-TUK-et). In 1605, Squanto traveled to England (where he learned English) with an explorer named John Weymouth. Sometime after Squanto returned to Patuxet, he was captured by an English slaver who sold him to the Spanish in the Caribbean Islands. A Spanish Franciscan priest helped Squanto get to Spain and then to England where he found Captain Weymouth who paid his way back to his homeland. But

when Squanto arrived at Patuxet, he found his village deserted with skeletons everywhere. Everyone in the village had died from smallpox that they had contracted from English slavers. So, Squanto went to live with the Wampanoag.

When Squanto discovered the Pilgrims in the spring of 1621, they were not in good condition. They had settled in the ruins of Patuxet where half of their group had died over the winter. The wheat they had brought with them would not grow in the rocky soil, and they were slowly starving. Squanto sized up the situation and decided to stay with them for the next few months to teach them how to survive.

Thanks to Squanto, by the time fall arrived, the Pilgrims were doing much better, and they decided to have a

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Fun, Free Holiday Events

The holidays are here, and there are dozens of fun, **free events** happening in Indy. Here are just a few:

- **Circle of Lights**

Date: November 23

Time: 6:00 to 8:00 pm

Place: Monument Circle

Info: 237-2222

- **Holiday Sounds**

Dates: Saturdays, November 24-December 29

Time: noon to 3:00 pm

Place: IN State Museum

Info: 232-1637

December 2

Times: Fri. & Sat.: 5:30 to 9:00 pm; Sun.: 1:00 to

5:00 pm

Place: The Athenaeum

Info: 655-2755

- **Christkindl Market**

Dates: November 30-

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Thanksgiving Story continued from page 1



thanksgiving feast to celebrate their good fortune. They had observed thanksgiving feasts in November as religious obligations in England before journeying to the New World. (Thanksgiving festivals were familiar to the Wampanoag, too. They actually held six such feasts each year. When the Wampanoag sat down with the Pilgrims, it was the fifth thanksgiving of the year for them!)

The leader of the Pilgrims, Miles Standish, invited Squanto, Samoset (Squanto's good friend), and Massasoit (the

leader of the Wampanoag) and their immediate families to join them, not realizing how large their families were. The Pilgrims were overwhelmed by the 90 relatives who came, so Massasoit sent for more food. Thus it was that the Wampanoag supplied most of the food: five deer, many turkeys, fish, beans, squash, corn soup, corn bread, and berries.

Unfortunately, this friendship did not last. As more Europeans came to America, the balance of power began to change. In 1675, war broke out between the native peoples and

the colonists. In less than a year, the immigrants had crushed the resistance. It is sad to think about the end of this friendship, but it is important to include this part of the story.

Because our Thanksgiving holiday has roots in both Anglo and Native cultures, and because of the interracial cooperation the first celebration enshrines, it might yet develop into a holiday that promotes tolerance and understanding.

(Thanks go to the Cultural Diversity Committee for submitting information.)

The Clever Chef: Holiday Cookie Recipes



Peanut Butter Reindeer Cookies:

Ingredients

1/2 cup soft margarine
3/4 cup smooth peanut butter
1/2 cup granulated sugar
1/2 cup packed brown sugar
1 egg
1 and 1/4 cups flour
1/2 teaspoon baking powder

3/4 teaspoon baking soda

1/4 teaspoon salt

mini pretzels (chocolate-covered are good)
M&Ms plain chocolate candy (red & green)

Directions

Heat oven to 350 degrees. Beat margarine, peanut butter, sugars, and egg thoroughly. Mix all dry ingredients together and blend into margarine mix-

ture. Roll dough into 24 large balls approximately 1 and 1/4 inches in diameter and 24 smaller balls approximately 1 inch in diameter. Position one small ball under one large ball on a cookie sheet, then lightly press down and together to form the shape of a reindeer. Press 2 pretzels into the top ball for antlers; add candy pieces for nose and eyes. Bake for 10 to 12 minutes. Makes 2 dozen.

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LCH Potpourri



The following current LCH employees were honored for their years of service by Governor Daniels on August 29: **John Clampitt** (35 years), **Fred Malloy** (35 years), **Paula McAfee** (35 years), **Willie McFarland** (35 years), and **John Mitchell** (40 years). Many thanks for your years of dedicated service!

LCH welcomes: **Lashae Jones** (Attendant), **Michael Rogers** (Attendant), and **Robin Toliver** (Attendant).

We say good-bye to: **Linda Crider** (Charge Nurse) and **Gloria Hill** (LPN).

Congratulations go to Todd Rittman on his promotion to **Director of Nursing!**

The following employees received a certificate for completing the four-hour training, **Through Deaf Eyes:** **Sandra Alonso, Morgana Dalton, Deborah Hamblin, Ethel Jones, Paula Luzader, Peggy Marks, Carolyn Old-**

father, Kausar Siddiqi, and Danny Walker.

Former employee, **John De-laney**, wants to thank everyone for the cards and prayers during his recent illness. He is doing well and hopes to visit us in the spring.



Free Holiday Events continued from page 1

- **Indianapolis Children's Choir**
Date: December 1
Time: 1:00 pm
Place: Artsgarden
Info: 624-2563
- **Merry Tuba Christmas**
Date: December 2
Time: 2:00
Place: Artsgarden
Info: 624-2563
- **Winter Holiday Celebration**
Date: December 6
Time: 4:00 to 8:00 pm
Place: Children's Museum
Info: 334-3322
- **Broad Ripple Lights Up**
Date: December 14
Time: 7:00 pm
Place: Broad Ripple
Info: 251-2782
- **Athenaeum Pops Orchestra**
Date: December 15
Time: 2:00 pm
Place: Artsgarden
Info: 624-2563
- **Winter Solstice Celebration**
Date: December 20
Time: 5:30 to 9:00 pm
Place: Museum of Art
Info: 923-1331



Using Ladders Safely

Planning on decorating your home with lights? Then consider these ladder safety tips:

Set up the ladder properly.

Extension ladders should be at a 75-degree angle from the ground—that means about one foot between the bottom of the wall and the base of the ladder for every four feet of height the ladder reaches to the point to where it touches the wall. Don't lean too far to one side to reach something. If

something is out of comfortable reach, reposition the ladder. If you use your ladder to climb onto your roof, it should extend at least three feet higher than the roof's edge.

If you're using a **stepladder**, check the soil. If it's soft, the thin rear legs might sink faster than the thicker front legs, causing the ladder to tip. Or if the ground is uneven, all four legs might not be supported. And never use a folded stepladder as a straight ladder.

Don't climb too high.

Never stand on an extension ladder's top two rungs. For stepladders, don't climb beyond the point where your waist is level with the top step.

Other safety tips...

Use stepladders that are rated to hold 225 pounds or more—they are usually better quality. And don't use a stepladder to get on a roof—it's too easy to knock it over when you try to climb down.



The Clever Chef continued from page 2

Candy Cane Cookies

Ingredients

1 cup butter or margarine
1 cup powdered sugar
1 egg
2 teaspoons vanilla
2 1/2 cups flour
1/2 cup finely crushed candy cane mixed with 1/2 cup sugar

1 teaspoon salt

1/2 teaspoon red food coloring

Directions

Mix all ingredients except the candy cane/sugar mixture. Split dough into equal portions. Color one portion of the dough red. Refrigerate the dough long enough to be able to easily work with it. Break off two pieces (approximately one teaspoon of each color) and roll by hand into two four-

to-five-inch tubes. Twist the two pieces together and bend, forming a candy cane. Sprinkle the top with the candy cane/sugar mixture. Bake at 350 degrees for six to nine minutes. Be careful when removing from the cookie sheet—the cookies will break easily.

Happy baking, happy eating, and happy holidays!



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- Treatment

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Walker

November 2007

Our Vision

Our vision is to serve the citizens of Indiana as a center of excellence in mental health.

Our Mission

Our mission is to provide specialized treatment, education, and research in the field of mental health.

Quote of the Month:

"Act as if what you do makes a difference. It does."

William James



Training Opportunities

CPR

Dates? November 27 & December 4

Time? 8:00 to 3:00 pm

Where? LCH, 5th Floor

CPR

Date? December 18

Time? 4:00 pm to 10:00 pm

Where? LCH, 5th Floor

Conflict Resolution

Date? December 13

Time? 9:00 am to noon

Where? State Conference Center

Hoosier START

Date? December 12

Time? 1:00 pm to 3:30 pm

Where? State Conference Center

Performance Management (supervisors)

Date? November 28

Time? 9:00 am to 3:30 pm

Where? LCH Boardroom

Administrative Investigations (supervisors)

Date? December 20

Time? 9:00 am to noon am

Where? State Conference Center

Situational Leadership (supervisors)

Date? December 11

Time? 9:00 am to 3:30 pm

Where? State Conference Center

Progressive Discipline (supervisors)

Date? December 19

Time? 9:00 am to noon

Where? State Conference Center

New Employee Orientation

Date? November 26

Time? 8:00 am to 4:00pm

Where? LCH Dewey Room

For more information on any of these programs, contact

Al Jordan at extension 4340.

